

JOURNALING

Journaling on a regular basis can have surprisingly positive effects!

First, find a notebook, journal or sketchbook - pick something that is in some way special, and that you could see yourself using. This is yours and yours alone - not for anyone else.

The next step is to write in it. Some people pick a specific time each day, some just when the feeling strikes them. Some people pick a specific place to write (a particular chair, or in a coffee shop).

What to write? That is up to you. Some things to remember:

- 1) No one else is to see this - it is private
- 2) You will not be judged for what comes out of your pen!
- 3) It doesn't have to be legible, grammatically correct, or make sense to anyone else
- 4) Anything is allowed here! Curses, drawings, rants, etc.

People find that journaling allows them to:

- 1) Release things from their heads (stop thinking about them)
- 2) Vent and release emotions
- 3) Process, digest and actually learn & move forward as they write
- 4) Pre-process the thoughts in their head, so that they may take words or items from them for important conversations